

Care of Milk and Its Use in the Home

By Frances Carroll

ARTICLE NO. 7.

IN today's talk on the care of milk and its use in the home, Miss Hunt, one of the experts on nutrition of the office of experiment stations, Department of Agriculture, gives us some enlightening information on the amount of nourishment contained in skim milk. She also tells the heart of the housewife with recipes for milk soups, chowder and gravies for milk soups, chowder and gravies.

"It is natural to ask," begins Miss Hunt, "if skim milk is as valuable a food as whole milk."

"In answering this question several points must be taken into consideration, some of which have been touched upon in the first part of the bulletin. Freshness and cleanliness must be considered as well as composition. Milk which has been received from the milkman and allowed to stand long enough to skim should probably never be given to children under two years of age. For older people the mere fact of its being old need not be taken into consideration. If skim milk is bought as such, however, it should always be thoroughly cooked, unless it is known to have been handled carefully and to be clean. So far as its nutritive value is concerned it has a trifle more protein, volume for volume than whole milk, the per cent being 3.4 instead of 3.3.

Different Views Taken By Housewives.

"Skim milk seems to some people rather thin for use as a beverage, but others value it for this very quality. If it is allowed to stand until it sours and is then churned or beaten until the curd is broken up into small particles, it makes a familiar and wholesome drink, often used under the name of

buttermilk, for much of the commercial buttermilk is thus made from skim milk, some cream or butter fat being sometimes added. For cooking, the lack of fat and any consequent lack of flavor can be easily made up, but butter or less expensive fats can be used with it. Pork and bacon fat make a particularly satisfactory addition.

"In the very interesting experiment of feeding young lambs and calves, children in the Boston schools, one of the combinations of food that it was found possible to feed for the low price of 1 cent was skimmed milk and bread and butter. In an experiment, made in Birmingham, England, where an effort was made to serve food economically to underfed children, cocoa made with skimmed milk was served.

"The following suggest ways in which milk may be used in the diet applied to skim as well as whole milk.

Milk Soups

Of Different Kinds.

"A large variety of soups may be made the means of utilizing not only milk, but also left-over portions of vegetables and other foods. In making these allow from one-half to one level tablespoonful of flour to each cup of liquid (including milk and the juice and pulp of vegetables) and one level tablespoonful of butter or other fat. Some of the flavorings which may be used are: Onions, corn, asparagus, cabbage, cauliflower, peas, beans, tomatoes, salmon or other fish, celery, spinach, or grated cheese.

"Chowders are also a very acceptable means of serving milk. In making rich chowders the proportions used are: Two cups milk, one cup of cut-up water, one cup of potatoes cut into small

pieces, and one pound of fish. The flavoring is onions and fat fried from salt pork. While these proportions make a rich dish, it is possible to reduce the amount of fish greatly, to leave it out entirely, to use small portions of left-over meat, or to substitute corn for it. Such dishes are palatable and containably high nutritive value, providing the greater part of the liquid used is milk.

Good Recipes

For Milk Gravies.

"A great variety of milk gravies, thickened with flour and enriched with butter or other fat, may be served with potatoes or other vegetables or poured over toast. The proportions are two level tablespoonfuls of flour and two level tablespoonfuls of butter to one cup of milk. To this may be added chopped beef, codfish or other fresh or salt fish, hard-boiled eggs, small portions of chicken or veal or grated cheese. Milk gravy flavored with cheese makes a good and very nutritious sauce to pour over cauliflower and cabbage or to serve with boiled rice or hominy.

"A very good way to serve milk toast is to toast bread very thoroughly and to pour hot milk over it at the time of serving. In serving milk toast in this way all the dishes should be kept very hot. A heavy earthenware pitcher may be used for serving the hot milk, as it retains heat for a long time.

"Sour milk is used to a large extent in cooking and in the milk itself, or more commonly the sour-milk curd, is considered by many persons a palatable and wholesome dish. Sour cream is also used in many ways in the household in the making of sauces and dressings and in cooking.

(To be continued.)

DAILY FASHION TALK TO TIMES READERS

Cost of This Garment in One Material

This pattern may be purchased at S. Kann, Sons & Co.'s for 15c.

The following materials will be required for the sixteen-year-old girl:

5 1/2 yards 22-inch gingham, at 25c a yard.....	\$1.41
1 1/2 yards 22-inch wide trimmings, at 25c a yard.....	.39
2 dozen buttons, at 25c a dozen.....	.50
	2.35

WHAT could be more timely, or more modish for that matter, than the charming frock which accompanies today's fashion talk? For the girl of from sixteen years to graduating age, the most important consideration in the line of clothes is

"What shall I wear to school?" The dancing frock, the Sunday-go-to-meeting street dress, and accessories, are all incidental. The main concern of this young miss and her mother is to see that her school clothes combine utility and attractiveness.

Ladies' Home Journal pattern No. 5195 is an excellent style for the school girl. It may be made in gingham, chambray and percale or in any of the light wool fabrics which are so serviceable for school wear.

The trimming bands may be of plain or plaid material and the garment may be fastened with buttons and button-holes or it may have an invisible closing. This is a fine dress to be worn with Dutch collars, which are so comfortable and which are so much liked by the school girl.

This also could be made of fine serge or challis or the new homespun, diagonal or tweeds. A wide trimmings band could be used on any of the latter materials with good effect. Ornamental buttons may be used and patent leather belt. This would be pretty in navy blue or in any of the shades of brown which range from the darkest to the very lightest in seal, tobacco, wood and chambray.



TALKS WITH THE PUZZLERS

Prizes Offered Puzzle Solvers.

THE man that has no music in his soul is fit for treasons, stratagems, and spoils."

This quotation, which heads the solution to this week's locked musical instruments submitted by one clever member of our Puzzle Corner is not meant as a thrust at any of the hundreds of puzzle men who have attempted to solve Mr. Quisenberry's "jumble." But if you have not come within our Puzzle Circle this week, I fear you will have to plead guilty, that is, unless you submit a solution at once.

I found this week's loco so interesting that I just had to send in my solution. I wrote Miss Everett, the author of last week's puzzle.

"Now haven't you done Mr. Quisenberry an injustice," asked the same puzzle, "in accusing him of having constructed as 'horrible' a puzzle as the locked houses turned out to be? The twenty-first is the only really difficult puzzle on the list of jumbled musical instruments."

Do you agree with her, puzzlers? I know of many of you who do not. For by letter and telephone you have expressed the opinion that "Number one is just hopeless, and must be a misprint."

I am delighted this week, not only by a number of original and clever solutions, but by the letters which accompany them. Mrs. R. C. Williams, from the Seville, submits with her solution an amusing drawing of an organ grinder and a dancing monkey.

"I would like to make you acquainted with my friend, Petro," she writes. "He is a very clever fellow who can play your ears, Miss Carroll, with a musical conception, and in return expect to collect a few cents for food and a night's lodging."

Ruth Holt, of 429 C street northeast, sends a solution in the form of an original poem, which I should like to print today, and would, except that it would give away all my puzzle secrets. Her solution is a marvel of neatness and ingenuity.

Benjamin Graves, of 133 V street northwest, is another puzzler who has also turned poet, and sent in an answer in rhyme.

Mark Phillips, of 943 S street northwest, has sent a pretty booklet, the cover of which is illustrated with a pen and ink drawing, and Miss Everett sent in a lovely water color sketch which contains a panel of three trumpeters' heads.

Let me assure you that the best recipe ever. Here it is: "Take seven pounds of peaches, three pounds of brown sugar, three-quarters of an ounce of stick cinnamon, three-quarters of an ounce of white cloves, and one quart of vinegar. Let the sugar, spice, and vinegar simmer gently while peeling the peaches; then boil all together until the fruit is tender. Put in jars and cork tightly. Let the vinegar cover the fruit well.

Care of Nails. Mildred W.—Never cut your finger nails, but file them. It is true the file leaves them "ragged," as you say, but this is remedied by the use of the emery board. You can buy a dozen emery boards for 5 or 10 cents. I find it more satisfactory never to buy expensive files, but to get the cheap flexible kind, and buy them often, so that my file will always be sharp. Twenty-five cents buys a good file.

Sweet Peach Pickle. So many of our readers have requested by letter a recipe for sweet peach pickle, that I have taken some pains to secure what I am assured is "the best recipe ever."

Here it is: "Take seven pounds of peaches, three pounds of brown sugar, three-quarters of an ounce of stick cinnamon, three-quarters of an ounce of white cloves, and one quart of vinegar. Let the sugar, spice, and vinegar simmer gently while peeling the peaches; then boil all together until the fruit is tender. Put in jars and cork tightly. Let the vinegar cover the fruit well.

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Some Causes of Divorce

By Dorothy Dix

ANOTHER reason why so many married couples become estranged is because they neither work together nor play together. In no other country do men and women lead such distinct lives, from each other, as in America; and in no other country is divorce so frequent. The two factors are more than a coincidence; they are cause and effect.

When the average man and woman get married, the course of their existence may be said to part almost at the church door. The bridegroom takes his bride to the home he has provided for her, and then he plunges back into his business with renewed ardor. He works at high tension all day, and when he returns to the domestic hearth at night he is tired in mind and body and wants to do nothing but rest. He doesn't feel like dressing himself to go out to any sort of amusement, or have energy enough to make himself entertaining and agreeable. He doesn't even want to talk about his business, and when his wife questions him about the doings of the day he answers her in a way that is apt to hurt her feelings, if she is sensitive, and, at any rate, gives her to understand that he resents her curiosity. This isn't because he has anything to hide, but simply because he is dead weary with the stress of the day.

A Business Man Explains.

A very successful business man once put the matter to me this way: "I don't talk to my wife about my business," he said, "because my very ability to bear the strain under which I work depends upon my relaxing and getting my mind off my work. If, when I go home, I have got to spend the time thinking out every problem, recalling every annoyance and reviving every anxiety of the day as I would if I told my wife all about it, why, I would be in a semi-stupor with nervous prostration in less than a week. When I go home I want to do up everything, and just rest until time to go back to my office the next day."

Undoubtedly most other men feel the same way, and in this way the majority of wives are entirely shut out of their husband's business lives. They do not know what problems are engaging their attention, what hopes or fears fill their souls. When hubby is amiable and genial, wife prognosticates from the symptoms that business is good, and when he comes home at night grumpy and cross, and kicks the cat and spansks the baby and quarrels with the dinner, she surmises that business has been bad; but she has no way of knowing for she is not in touch with the biggest part of his life.

Believe me, the most deadly blow that could be dealt the divorce evil would be for husbands and wives to realize, at the very beginning of their married life, that the most important thing they could do would be to cultivate comradeship, and to make up their minds to share their burdens, their pleasures, their very thoughts together. In that way, alone, can they make the realization of what marriage was meant to be.

Cultivate Comradeship To Be Happy.

Men excuse themselves by saying they work so hard for the sake of their families that they have not the time to devote to entertaining their wives or to go to the movies, or to do anything better for the domestic happiness for any husband to give his wife less money and more of himself. Better a two weeks' vacation at a country farm house, together, than a solitary trip alone to Europe for the sake of the money.

Men and women must work together, and play together, if they are to remain together.

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AN ADORABLE FROCK JUST FROM PARIS

An adorable little frock brought over by a traveler just returned and vouched for by one of the great makers of Paris is sure to be modish throughout the winter.

It is of black silk mousseline embroidered all over in open work design and made over white satin veiled in white chiffon.

A wide band of black velvet is turned up from the skirt bottom, and instead of being stitched down firmly to the slightly fluted mousseline skirt is merely caught to it by buttons of jet and opaque white porcelain beads in the top, and inside its upper edge is a soft little frill of white lace. One of the wide crush girdles of black velvet extends from hip to bust line and has each end embroidered at the end in jet and white beads.

The Japanese sleeves have very deep, broad cuffs turned back and finished with lace frills and buttons, after the fashion of the skirt band.

Short undersleeves and a Dutch neck gimp are of white tulle and a flat round collar of the velvet turns down below the gimp with edge similar to that of the cuffs and skirt band.

The long Japanese sleeves have very deep, broad cuffs turned back and finished with lace frills and buttons, after the fashion of the skirt band.

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Daily Horoscope

"The stars incline, but do not compel."

Thursday, September 8, 1910.

Mars and Uranus rise A menace in the skies.

MARS and Uranus this day assume a conjunction that is read of old as indicating "strange things to come, sudden events and swift blows from Death." European astrologers forecast many sudden and terrible deaths throughout the world as a result of conjunctions of this nature.

Saturn occupies a place today that is evil for speculation, wiles and deceptions. The man who trusts either to luck or craft are likely to meet with heavy loss.

There is a sign warning all who deal in land, houses, or natural products to study contracts and agreements with unusual care. Let errors or deceptive clauses be therein.

Venus is a sign warning all who deal in land, houses or natural products to study contracts and agreements with unusual care. Let errors or deceptive clauses be therein.

Venus is in a favorable position, and women's efforts should prosper. The sign is good for all their undertakings, social, family or business. There is a menace against those who do them evil.

Persons who are religious, temperate, and strong as well as the weak will do well to avoid and flee them.

It will be well to avoid arguments about religious and spiritual matters and disputes about involved and obscure things. In business, discussion about tangled accounts or complex situations should be postponed till tomorrow.

Those who wrong or offend aged persons will be afflicted.

Scientists, experimenters and persons working with strange things or dealing with little understood forces must be extraordinarily careful in this hazardous undertaking and experiments should be avoided.

Herald lore marks almond, olive, saffron, walnut, juniper, bay, rice, angelica, mustard and camomile as powerful under the sun.

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WASHING LACE IS SPECIAL ART

Folk who are the lucky possessors of real lace are often afraid to trust the cleaning of it to strangers. But it can quite well be done at home if the following hints are borne in mind.

The great thing to remember is that soap should never be rubbed on lace. It ruins the color. Dissolve in warm water enough soap to make a lather. Add a few drops of ammonia and put the lace in it. Let it stand for ten minutes. Souse it up and down in the suds, and squeeze it gently between the hands. Never rub or wring it, as this is apt to break the threads, especially if the lace is very fine.

Next put it in another lot of suds, prepared in the same way, and squeeze it until all the dirt is removed. Rinse it in two lots of clear water.

Genuine old lace should be steeped in warm milk for at least half an hour, and then squeezed dry. This gives it the correct yellowish tint.

If the "Paris" shade is wanted, add to a pint of cold water one teaspoonful of Condyl's fluid and two tablespoonfuls of the best black ink. Dip the lace quickly in and out of this, one piece at a time, and squeeze as dry as possible.

It should be ironed at once on the wrong side, on a board covered with several thicknesses of flannel, first under a thick cloth and then with only muslin or lawn between the lace and the iron.

Nothing is lovelier than the polished dining room table